



Mommies Enduring Neonatal Death

Miscarriage, Stillbirth and Infant Loss Support

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Helping Living Children Grieve

Children grieve. They can't escape grief any more than we can. They grieve the loss of their sibling, no matter if they were born before or after the loss. And they struggle processing their grief as much as we do, if not more. We can help them. Like these girls writing letters to siblings in heaven at the Houston Christmas Candlelight Ceremony, we need to help them express and process their feelings, and help them remember little ones in heaven, just as we do.

In this issue...

Helping Living Children Grieve

An interview with the son of President and Founder of M.E.N.D. shares memories and experiences as a child with siblings in heaven.

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An Interview With Tony

Tony, age 9, shares with his mom his experiences after losing his sister, Abby, and even how grief has changed after the birth of his little brother.

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Our Family's Grief

When their daughter was given a fatal diagnosis, a family learns to grieve together throughout the pregnancy and after her birth.

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March/April Topic

Men and Women Grieving

Deadline: January 31, 2020

May/June Topic

Mother's Day/Father's Day

Deadline: March 31, 2020

Stories, poems, thoughts, and/or feelings regarding these topics are welcome. Submissions must be received by the deadline to be considered for publication in the magazine. Unfortunately, there is not enough room to include all submissions. Choices will be left to the discretion of the editors. Please send any submissions to our Magazine Editor, Jennifer Harrison, at jennifer@mend.org. Any submission printed in our magazine will also be posted to our website indefinitely. Because our magazines are posted online, please understand your name will be attached to your submission when searched on the Internet.

Letters to the Editor should be sent to jennifer@mend.org. All letters submitted to the editor are subject to be published in future issues, both in the print version and online, unless a letter's author expressly requests it not be published.

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Birthday Tributes: M.E.N.D. publishes heavenly birthday tributes in the corresponding magazine. Tributes must be submitted via the online form at www.mend.org.

<u>Heavenly Birthday</u>	<u>Deadline</u>
January/February	November 30
March/April	January 31
May/June	March 31
July/August	May 31
September/October	July 31
November/December	September 30



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Feature Article

Helping Living Children Grieve

In place of our normal feature from our M.E.N.D. President and Founder, Rebekah Mitchell, Mommy to Jonathan and Baby Mitchell, this special issue features an interview with Jonathan and Baby Mitchell's big brother, Byron Jr.

What do you remember about the birth of little Jonathan?

I was only 3 when Jonathan was stillborn, so I'm not sure if what I remember are memories, or pictures and stories of what I've been told. The clearest memory I have is one night I was in bed talking with my mom about it, and I think it was the first time I realized what it all meant. I just cried and cried. I'm not sure how long ago that night was after Jonathan died (I'm sure my mom does) [Rebekah shared he was 8 at this time], but I do remember her saying that he was in heaven and that we'd see him again one day. I don't have any memories of going to the hospital or even being in the room with my family and Jonathan, but I am so grateful for the pictures that I could look at as well as other family members' accounts of those days as well.

What about baby Mitchell?

I was a little older when my mom got pregnant with baby Mitchell [Rebekah said he was 10 at this time], so I remember her being pregnant and being excited about that. I do remember the day that she got the call telling her she had miscarried. My mom and I were on the way home from elementary school, and she was on the phone and then started crying. She told me what happened, and I definitely was old enough to realize and started crying as well. After getting the news, the biggest thing is that we spent that entire night just us three being together.

How did your parents explain things to you?

With Jonathan, it didn't set in for quite a while until just one night when my mom and I were talking about it. I don't recall too many specifics, but I

know they told me how he had been born with the umbilical cord wrapped around his neck and that he died when he came out of "mommy's tummy." They said that he was now in heaven and with Jesus and that we'd see him again one day.

How did having siblings in heaven impact you growing up?

I think it's different with parents and living children. I know my mom says that she has three children: one living and two in heaven. And now, being a parent myself, I totally understand that. Growing up, I knew I had siblings in heaven, but I will say I mostly remembered Jonathan just because it was more real to me as a kid since we got to see him after he was born.

Is there anything you struggled with in your childhood that you would have done differently?

I don't think there was really anything I'd change other than maybe holding Jonathan, but I was only 3. I definitely wouldn't expect any 3-year-old or toddler to fully grasp the moment and understand how precious and fleeting that time was. I'm glad my parents didn't press me to try and understand, because I was able to understand and come to terms with it in my own time. I think that since it was so openly talked about (especially with my mom starting M.E.N.D.), it helped me to slowly understand.

What advice would you give to parents trying to explain things to their children?

I think the best thing is to be open about it, just talk with them and answer any questions they may have. Obviously, it depends on how old they are on how well they'll understand or process their grief, but the worst thing to do is allow yourself or your kids to bottle up the feelings and emotions you or they are going through. Healing can come by talking through the pain and helping others do the same.

Continued on page 9

Birthday Tributes



Happy 1st Birthday, Lilly Belle!

Happy 1st birthday, sweet Lilly Belle. Our arms ache to hold and hug you on your 1st birthday. We celebrate and remember you each and every day at home in your memorial garden. We hold onto our hope to embrace you again in heaven. We miss you and love you always.

Love,

Mommy, Daddy, Connor, Emalyn and Renée

Lillian Belle Noto
Stillborn January 10, 2019

Unknown cause
Also remembering

Eden Noto
Miscarried September 2014

Parents: Jeffrey and Anna Noto
Siblings: Connor, Emalyn and Renée



Happy 1st Birthday, Little Bunny!

Mommy and Daddy miss you so much every day. It's hard to put into words just how much your life has changed us, but we want you to know we are so grateful to have had you the time that we did. With your life, you gave us a new perspective and understanding of God's love and care. We know now more than we ever could that God never leaves us and gives us His strength and love in even the most painful moments. Thank you for helping us to know God deeper. We love you. We miss you. We will never be the same because of you.

Happy 1st birthday, Little Bunny.

Hannah Grace Gurden
January 8, 2019
Placental abruption at 39 weeks
Parents: Chris and Sukie Gurden



Happy 2nd Birthday, Hunter!

Happy 2nd birthday to the true love of my life. I miss you so much. I imagine every day how life would be if you were still here with me. I know that every moment would have been filled with so much joy. I wish I could hold you in my arms one more time and tell you I love you. You are my reason to keep pushing. I love you and miss you so much my angel.

Love forever and always,
Mommy

Hunter Harper Hudson
February 21, 2018
Unknown cause
Mommy: Jade Hudson



Happy 1st Birthday, Kennedy!

Happy 1st birthday in heaven, Kennedy! We miss you so much, sweet girl, and we wish you were here. Not a day goes by you are not on our minds. I see you in everything I do, and everywhere I go. Every event and holiday that passes, we think of you and try to do something in remembrance of you. I cannot believe it's been a year already! It has been so hard, but you are so worth it! Happy 1st birthday, baby girl! We love you so much.

Love you forever,
Mommy and Daddy

Kennedy Grace Gilyard
Stillborn January 7, 2019
Incompetent cervix
Parents: Joshua and Chelsea Gilyard



Happy 2nd Birthday, Clayton!

Happy 2nd birthday in heaven. We hope you are having fun with Grandma Bingo and watching over your Mom and me and your wild and crazy siblings. We enjoy the little signs you send us. We love and miss you so much.

Clayton Bennington Misawa
Stillborn January 6, 2018
Parents: Jeff and Vonnie Misawa
Siblings: Emily, Matthieu, Cash and Maverick



Happy 3rd Birthday, Cora!

Happy 3rd birthday, baby girl. We imagine what you would be doing as a beautiful 3-year-old full of energy, chasing you around the house and yard. Oh how our life would be with you in our arms. We miss you dearly every day and every moment. We love you so much! We miss you and can't wait to hold you in our arms again.

Love,
Mommy and Daddy!

Cora Anne Casarez
January 20, 2017
Cord accident
Also remembering
Poppy Casarez
August 4, 2019
Early miscarriage
Parents: Andrew and Leslie Casarez



Happy 5th Birthday, Logan!

Happy 5th birthday to our sweet angel boy!
We love you so very much!

Logan Brock Looney
February 11, 2015
Umbilical thrombosis
Parents: William and Latisha Long
Sisters: Sophia and Olivia



Happy 22nd Birthday, Jessie!

Happy 22nd birthday, sweet baby girl!

I bet you are dancing and enjoying
your birthday in heaven!

There is no sorrow there,
only joy and laughter.

You are safe in the arms of your Creator.

I will hold this day close,
because it is yours... and it is ours.

But I choose not to be sad.

Instead, I celebrate you.

And I choose to be joyful,

And one day when we meet again,

All my pain will be forgotten, and forgiven.

We all love you,

Momma, Daddy, Moirah, Isaac, Aiden and Aunyah

Jessie Marie Donnelly

Stillborn February 12, 1998, at 6 months

Infection in-utero

Parents: Joe and Genevieve Donnelly

Siblings: Moirah, Isaac, Aiden and Aunyah

**Happy 15th Birthday, Kimani Renae!**

You are our first baby girl! No words can express the love we have for you and the pain we feel because you are not here. We miss you so much and ache to hold you...someday we will. Until then, we hold you in our hearts.

Our time together may have been brief, but it will never fade. Mommy and Daddy will always love you!

Kimani Renae Bray

Miscarried February 20, 2005

Heart stopped

**Happy 9th Birthday, Jeremiah Earl!**

You were a surprise when we found out about you... and we loved you from that moment! We love you still and miss you more. To someday see your handsome face and beautiful smile is what keeps us going. We know you are safe in the arms of the Savior, but we still miss you in ours.

Until then, know that Mommy and Daddy will always love you and carry your memory with us every single day!

“When we all get to Heaven,
What a day of rejoicing it will be,
When we all see Jesus,
We will sing and shout victory!”

Jeremiah Earl Bray

Miscarried February 13, 2011

Unknown cause

Also remembering

Laila Joyce Bray

Miscarried May 8, 2011

Unknown cause

Parents: Earl III and LaTrina Bray

**Happy 1st Birthday, Mila!**

Happy heavenly birthday, our sweet “Angel in the Outfield.” A day doesn’t go by without thoughts of you: what could have been and what should have been. We will never understand what happened nor why. The good moments and memories are what we must cherish. We love and miss you tons.

Love,
Daddy and Mommy

Mila Justine Lansou

Stillborn February 24, 2019

Placental abruption

Parents: Brian and Brittney Lansou

Brother: Gavin

**Happy 3rd Birthday, Baby Mila!**

Happy birthday, Baby Mila! We hope you’re having a wonderful time in heaven. I wish you were here with us. You’re still the only baby girl in the family. You’re surrounded by all boy cousins and a baby brother! I miss you every day. I hope you enjoy your special day with all those other angels in heaven. We love you so much and can’t wait until the day we meet again.

Love always,
Momma and Luca

Mila Orozco

Miscarried February 16, 2017

Mommy: Silvia Garcia

Little brother: Luca

**Happy 6th Birthday, Sweet Rose!**

Your baby sister arrived, and we can’t help but wonder what a great big sister you would be. Would you run home after getting off the bus from Kindergarten and ask to hold her? Would you pretend to take care of your own baby dolls while mom feeds her? Would you sing her songs when she starts to cry? Your sister only highlights the fact that you are not here. Your brothers make sure to let everyone know that your sister on earth is not the only girl of the family as we miss you and your sister in heaven! Until we meet again, we will always love you, little Rosebud!

Rose Dell

Miscarried January 3, 2014

Also remembering

Grace Kathryn Dell

March 17, 2008

PPROM

Parents: Rachel and Peter Dell

Siblings: Zeke, Kye, Izaiah, Zeffy and Tirzah



In Loving Memory

Thank YOU for your support

Selah Joy Abedraboh

Miscarried April 12, 2017

Worth Amaani Abedraboh

Miscarried August 27, 2017

Given by parents Rachael and Josh Abedraboh and siblings Jonah and Wesley

Zelda Amira Bridge

Stillborn January 17, 2017

Preeclampsia

Gifts given by

Parents Monica and Jeff Bridge and little brother Jase

Grandparents Kathy and John Bridge

Jordan Alexander Booker

Stillborn January 11, 2007

True knot in cord

Given by mommy Norma Jordan

Sydney Lynne Brown

Stillborn May 18, 2000

Antiphospholipid Antibody Syndrome

Ashley MacKenzie Brown

May 1, 2001

Antiphospholipid Antibody Syndrome

Parents: Marilyn and Brian Brown

Sibling: Samuel

Given by uncle David Brown

Catherine Rose Burick

Stillborn November 11, 2015

Given by parents Dorla and Kevin Burick

Cora Anne Casarez

Stillborn January 20, 2017

Cord accident

Poppy Caserez

Miscarried August 4, 2019

Given by parents Leslie and Andrew Casarez

Cade Cashion

Stillborn June 5, 2019

Hydrops and fetal anemia

Gifts given by

Parents Holly and Andrew Cashion

Jenny and Paul Cashion

John and Sandy Weyrich

Charito and James Maffione

My Le

Abigail Grace Crump

July 1, 2003

Trisomy 18

Given by parents Gerald and Jaimie Crump and little sisters Cami and Karli

Riley and Parker Davis

November 14, 2006

Premature

Given by parents Rob and Cheryl Davis

and siblings Annalise and Owen

Grace Kathryn Dell

March 17, 2008

PPROM

Rose Dell

Miscarried January 3, 2014

Given by parents Rachel and Peter Dell

and siblings Zeke, Kye, Izaiah,

Zeffy and Tirzah

Rosa Marie Dillard

June 24 – July 9, 2013

Mommy: Misty Dillard

Given by E. Michelle Andrews

Ayden Marlee Dunn

February 28, 2017

Lung tumor

Baby Dunn #1

Miscarried January 2013

Baby Dunn #4

Miscarried May 2018

Baby Dunn #5

Miscarried February 2019

Given by parents Rachel and David Dunn

and brother Axyl

Sky Olivia Burns Ennis

May 21, 2011

Baby Ennis

January 2007

Given by mommy Tarsha Ennis

Charlotte Finley

Stillborn January 6, 2019

Parents: Ashley and Kyle Finley

Gifts given by Debra Minter

Brenda Swisher

Paislee Ann Frette

April 4-5, 2012

Wolf-Hirschhorn Syndrome

Parents: Brent and Courtney Frette

Little sister: Colbie

Given by Grandparents James and LuAnn Junkin

Baby G

Miscarried February 7, 2019

Benjamin Garcia

Stillborn September 9, 2019

Unknown Cause

Given by parents Norma and Juan Garcia

Thank you to those who recently held a Facebook fundraising campaign or donated to M.E.N.D. through one of these.

We are so thankful for our family and friends who show love and support during activities like these or other areas such as sharing about

M.E.N.D., assisting at events,

or simply and most importantly,

praying for us.

Ella Lynne Gonyea

Stillborn August 24, 2015

Preeclampsia, IUGR and no amniotic fluid

Gifts given by parents David and Sable Gonyea

and little sister Laurel

CJ Gold

Miscarried August 12, 2008

Marina Gold

Miscarried July 14, 2009

Parents: Greg and Kathryn Gold

Big sister: Emily Gold

Gifts given by

Grandmother Nellie Gold

JATS, LLC

Carol and David Cates

Charlotte Grace Harrison

December 28, 2011 – January 4, 2012

Complications at birth

Given by parents Amanda and Luke Harrison

and siblings Evan, Audrey and Christopher

Serenity Harrison

Miscarried December 3, 2009

Given by parents Curtis and Jennifer Harrison

and siblings Levi, Ziva and Evie

Eli Johnson

April 17, 2017

Placental abruption

Ruby Johnson

March 30, 2019

Unknown cause

Given by parents Kim and Caleb Johnson

Sarah Ann King

Stillborn June 22, 1995

Parents: Lori and David King

Siblings: Brooks, Kaylee, and Brady

Given by grandmother Bonita Manning

Forrest Abraham Lewman

Stillborn May 28, 2017

Given by

Parents Jacqueline Tovar and Jeffrey Lewman

Kennedy Elaine Lloyd

Stillborn April 19, 2017

Mommy: Kaitlin Lloyd

Given by Kristi Jumper

Sophia Rose McGhee

Stillborn March 29, 2010, at 33 weeks
Unknown cause

Baby McGhee #1

Miscarried 2002

Baby McGhee #3

Miscarried 2009

Baby McGhee #4

Miscarried 2009

Parents: Matt and Stacy McGhee

Siblings: Micah and Scarlet

Given by grandparents Sheri and Joey Vigil

Cooper Clayton Medue

Stillborn October 18, 2017

Given by mommy Jill Medue

Bryson Glenn Middleton

Stillborn June 19, 2014

Given by

Parents Jennie and Brandon Middleton
and siblings Brayden and Mackenzie

Jonathan Daniel Mitchell

Stillborn June 24, 1995

Cord accident

Baby Mitchell

Miscarried December 2001

Given by Parents Byron and Rebekah Mitchell

Gideon Zeller Mitchell

Stillborn May 17, 2011

Velamentous cord insertion

Avery Mitchell

Miscarried May 2008

Joy Mitchell

December 2014

Vanishing twin syndrome

Parents: Stormy and Todd Mitchell

Little brothers: Silas and Justus

Given by grandparents Karen and Rod Zeller

Emma Grace Myrow

Stillborn September 18, 2017

Cord accident

Parents: Hayley and Keenan Myrow

Little brother: Logan

Given by Grandmother Sharon Sebesta

Baby Nyquist I

Miscarried October 1, 2015

Baby Nyquist II

Miscarried February 24, 2016

Unknown cause

Given by parents Timothy and Brooke Nyquist

Carter Jeffrey Nyquist

Stillborn May 11, 2003

Unknown blood clotting disorder

Given by parents Jeff and Kim Nyquist

Baby Oberlender

Stillborn December 19, 2011

Babies Oberlender

Miscarried May 2012

Given by parents Tim and Melissa Oberlender
and siblings Grace Ann and Wilhelm George

Ace Samuel Elon Ford Osagie

November 24, 2015

Cystic hygroma, hydrops fetalis

Given by mommy Aisha Osagie

Hannah Grace Perez

April 10-11, 2017

Anencephaly

Given by parents Jennifer and Mace Perez
and siblings Bernard and Haven

Elijah Curtis Pinson

December 14, 2014

Premature

Parents: Kaleena and Tyler Pinson

Siblings: Jayme and Abram

Given by grandfather David Brown

Brooks Alexander Potter

Stillborn July 22, 2011

Unknown cause

Given by Sylvia and David Potter

Anastasia Levett Robinson

Miscarried March 2018

Mommy: Kristen Robinson

Given by grandmother Cynthia Robinson

Brandon Prescott Thomas, Jr.

April 22 – May 27, 2012

Jayden Lamar Thomas

April 22-23, 2012

Given by parents Tenya and Brandon Thomas

Carson Mitchell Shaw

Stillborn April 1, 1999

Unknown Cause

Given by parents Aimee and Randy Shaw
and siblings Blake and Brooke

Mindy and Maggie Smith

Stillborn November 4, 1997

TTTS and Polyhydramnios

Given by parents Scott and Karla Smith
and siblings Travis and Julia

Abigail Grace Story

July 9-13, 2015

Unknown cause

Given by parents Faith and John Story
and siblings Tony and Danny

Aidan Shaw Vander Cruyssen

October 2 - December 3, 2005

Polycystic kidney disease

Given by mommy Shane Meyer
and little sister Cameron

Morgan Vo

July 18 – August 13, 2019

Given by mommy Julie Le

Cora Anne Watts

Stillborn February 10, 2015

Given by parents Kenzie and Alan Watts

Jacob Martin Wilhite

April 25, 2012

Incompetent cervix

Isaac Odell Wilhite

April 1, 2015

Incompetent cervix

Four Baby Wilhites

whose names we'll learn in Heaven

Given by parents David and Kessi Wilhite
and siblings Caleb and Lilah

Raelie Kate Williams

Given by anonymous

Arie Ronald Witt

Stillborn November 5, 2013

Baby Witt

Miscarried June 27, 2014

Given by parents Candi and Mike Witt
and siblings Brinley, Ryker and Gia

Ariel Wong-Eguiarte

June 26, 2013

Angel Wong-Eguiarte

June 26, 2013

Given by mommy Emilyn Eguiarte
and little brother Andre

Adrian Joseph "AJ" Zuckerman

Stillborn March 30, 2007

Cord accident

Given by parents Al and Amber Zuckerman
and brothers Eli and Alex

Gifts of Support:

Christ Church Assembly of God, Fort Worth, TX
Second Baptist Church, Springfield, MO

Janis Kidder

April Jenkins

Jacob Hagen

Jenny Parish

Midland (MI) Nazarene MOPS

Carly McGraw

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Tammie Ates

David Davis

Brian Denicola

M.E.N.D. gratefully acknowledges these gifts of love given in memory of a baby, relative, friend or given by someone just wanting to help. These donations help us to continue M.E.N.D.'s mission by providing this magazine and other services to bereaved parents free of charge. For more information on how you can support M.E.N.D., please see the "About M.E.N.D." section in the back of this magazine.

An Interview With Tony, Abby's Big Brother

Interviewed and written by Faith Story

Mommy to Abby

M.E.N.D.—Greater Houston Area

This is an interview with my son, Tony, Abby's big brother, who is 9 years old. At the time of Abby's birth, he was 5 years old. She was born perfect at 38 weeks. But, at 12 hours old, she stopped breathing. She was resuscitated, then declared brain dead. The doctors had no idea why it happened. We had an autopsy done, yet the cause was still unknown. That was almost the hardest part - not knowing why. But we were blessed to hold her and have her for those magical 12 hours. We were also able to have family and friends come to say goodbye, and she was baptized.

Since the death of Abby, we have welcomed to our home Danny, who is 9 months old. While adding Danny to our family is a blessing, we have experienced some different issues of grief, as Tony shares below.

What did you think about [when Abby died]?

I tried to hide my sadness at first and didn't want to think about it, but then I would, and I would start to cry.

What are some things you did that helped you?

I cuddled with my mommy, played with my dad, and tried to have fun with friends.

Was counseling helpful?

It was really helpful because I could talk to someone outside the family. The counselor used a lot of toys and playing to help me.

What was discussed in counseling?

We discussed how it was going to be okay. Nothing lasts forever in this life, but we will be together again. (He went to counseling for about six months. It went from twice a month for two months to once a month for four months).

Tell us about Bo's Place?

There was a room where you could beat things up and let your anger out. (Bo's Place is an amazing counseling center in Houston that addresses grief of all different ages with all types of losses. I belonged to a mom's group and Tony belonged to a kids group that had all lost siblings).

Did you feel really angry?

I started feeling really angry that Abby had passed,

and I wanted to hit things. Before she passed I never got angry. still get angry sometimes thinking about losing her. It helps to run or play video games.

What did you think about God?

At first I was angry at Him. Then I felt like there was a reason, and He is always with me.

What was the thing that helped you the most?

Letting out all my anger. Being able to talk about her with my parents and friends.

Now that you have a little brother does it make you miss your sister more? Why?

Yes. It feels that he is trying to take Abby's place even though he cannot. I see Danny and feel that I missed out on so much with Abby. I hate that I didn't get to see her grow up.

If Abby was here what would you do with her?

She would be 4 so we could do so many things. I miss being able to play with her.

What would you say to another kid who has lost a brother or sister?

I would say they could try talking to somebody and let your anger out. Anger issues really took me over, and it is better to let it out. I feel that I took it out on my Mom and Dad, and I felt bad about it. (My response was that I'm glad he let his anger out on us rather than bottling it up. I never want him to feel that he can't express himself with us)

Any other advice?

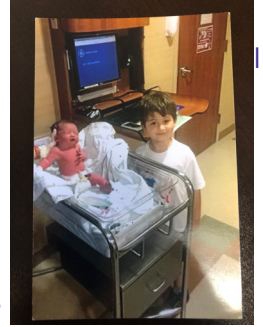
Don't keep it inside. Talk to your parents. Talk to your friends. Even though they are kids, they can listen.

How do you feel about going to the cemetery?

It makes me sad, but I want to go. I like to leave her little gifts like Legos or special rocks so she knows that I am always there for her. Abby always spins her pinwheel when we are there, and I think she is saying hi.

What is the first thing you will tell Abby when you get to heaven?

I missed you.



Our Family's Grief

Written by Jenny Nocchi
Mommy to Mara Faith

November of 2018, I was 20 weeks pregnant and awaiting the anatomy ultrasound. It didn't take long before the nurse excused herself to get the doctor. At that point, we were told our baby had anencephaly; a fatal condition due to the lack of a brain. The phrase you hear most often surrounding this diagnosis is "not compatible with life." Doctors encourage termination while explaining the process of choosing to continue with the pregnancy.

My husband and I were faced with a decision about our baby (who we later found out was a girl). We turned to prayer and sought out wisdom. The verse we began to hold on to was Psalm 139:14. The psalmist speaks to a Creator God who designed our baby girl with purpose, for His purpose and glory. We decided to continue with the pregnancy, knowing God was in control of it all.

My husband and I had four other children ages 8, 4, 3 and 18 months. Our 8-year-old was old enough to understand what was happening. Naturally, he was upset and began asking the tough questions. We didn't spare him details and involved him in what was happening throughout the pregnancy. He shed his own tears and prayed through it as we did.

The question that came up was "Will she be in heaven?"

Times like these often involve a faith walk, and his was the same. We offered this to him: we didn't know for sure, the Bible isn't clear, but God is sovereign and in control, and He knows everything about the

baby He created. We can trust God no matter the situation, and we can pray for a miracle because we serve a God of miracles.

So we prayed together and often asked him what his thoughts were. We were open with him on our thoughts and likewise with him.

In the end, on the day she was born, we gave him the option of choosing if he wanted to see his sister who had passed during labor. My husband offered the advice that the choice was his, but to keep in mind that regret lasts a lot longer than being uncomfortable for a moment. My son chose to see his sister and hold her fingers before she left the hospital.

Afterward he shared with his class the following day about his sister and began writing as a way to work out his feelings. He discovered that helped him best and read a poem at her funeral.

Book recommendations:

For kids:

The Moon is Always Round by Jonathan Gibson

For parents/teens and older:

Safe in the Arms of God by John Piper



"Helping..." continued from page 3

How has growing up with a parent so involved in the infant loss community impacted you?

The two biggest things are that grief is a natural and necessary part of loss and that death is a natural part of life. We all hear about people dying every day, but until it's someone you know, a family member, especially a child, it just doesn't quite hit the same. I know how to deal with loss and pain because I've seen



my parents go through it, and also seen them help so many people do the same. On the flip side, it also somewhat puts a focus on what could happen. Because of the stories I've heard and have seen

so many people go through loss, when my wife and I were having complications with my son's birth, I couldn't help but have all the terrible thoughts of what may happen going through my head. And I know my mom was even worse since she's dealt with it literally every day for almost 25 years.

How do you remember your siblings in heaven?

Growing up, I went to M.E.N.D. events like the Walk and the Christmas Ceremony to remember my siblings, and I try to go as often as I can, although I now live out of state. My wife and I recently had a baby boy, and we thought it would be a great tribute to name him after Jonathan. I'm so glad that we are able to honor my parents and my brother by naming our son Elias Jonathan.



Ayuda Para Los Niños Vivos y Aflicción

En lugar de nuestra característica tradicional de M.E.N.D. Presidenta y Fundadora, Rebekah Mitchell, Mama a Jonathan y Bebe Mitchell, este boletín especial presenta una entrevista con el hermano mayor de Jonathan y Bebe Mitchell, Byron Jr.

¿Qué recuerdas del nacimiento de Pequeño Jonathan?

Solo tenía 3 años cuando Jonathan nació sin vida, así que no estoy seguro de si lo que recuerdo son recuerdos o imágenes e historias de lo que me han contado. El recuerdo más claro que tengo es una noche que estaba en la cama hablando con mi madre al respecto, y creo que fue la primera vez que me di cuenta de lo que significaba y simplemente lloré y lloré. No estoy seguro de cuánto tiempo pasó esa noche (estoy seguro de que mi madre sí), pero sí recuerdo que ella dijo que estaba en el cielo y que lo veríamos de nuevo algún día. [Rebekah compartió que tenía 8 años en este momento.] No tengo ningún recuerdo de haber ido al hospital o de estar en la habitación con mi familia y Jonathan, pero estoy muy agradecido por las fotos que pude ver y también las cuentas de otros miembros de la familia de esos días.

¿Y qué recuerdas de bebé Mitchell?

Era un poco mayor cuando mi madre quedó embarazada del bebé Mitchell [Rebekah dijo que Byron tenía 10 años en este momento], así que recuerdo que estaba embarazada y estaba emocionada por eso. Recuerdo el día que recibió la llamada que había sufrido un aborto espontáneo. Mi mamá y yo íbamos camino a casa desde la escuela primaria, y ella estaba hablando por teléfono y luego comenzó a llorar. Ella me contó lo que sucedió, y definitivamente tenía la edad suficiente para darme cuenta y también comencé a llorar. Después de recibir las noticias, lo más importante es que pasamos toda la noche solo nosotros tres juntos.

¿Cómo te explicaron tus padres las cosas?

Con Jonathan, no lo realice por un tiempo hasta que solo una noche mi madre estuvo hablando de eso. No recuerdo muchos detalles, pero sé que me contaron cómo había nacido con el cordón umbilical envuelto alrededor de su cuello y que murió cuando salió de la "barriga de mamá". Dijeron que ahora estaba en el cielo y con Jesús y que lo volveríamos a ver algún día.

¿Cómo te impactó tener hermanos en el cielo al crecer?

Creo que es diferente con los padres y los niños vivos. Sé que mi madre dice que tiene 3 hijos: uno vivo y dos en el cielo. Y ahora, como padre, lo entiendo totalmente. Pero al crecer, sabía que tenía hermanos en el cielo, pero diré que recordaba principalmente a Jonathan solo porque era más real para mí cuando era niño porque pudimos verlo después de que él nació.

¿Hay algo con lo que luchaste en tu infancia qué hubieras hecho de manera diferente?

No creo que haya algo que cambiaría aparte de tener la oportunidad de cargar a Jonathan, pero solo tenía 3 años, y definitivamente no esperaba que un niño de 3 años o un niño pequeño entendiera por completo el momento y entendiera lo precioso y fugaz que fue esa temporada. Me alegro de que mis padres no me presionaron para tratar de entender, porque pude entenderlo y aceptarlo en mi propio tiempo. Creo que, dado que se habló tan abiertamente (especialmente cuando mi madre comenzó M.E.N.D.), me ayudó a comprender lentamente.

¿Qué consejo le darías a los padres que intentan explicarles las cosas a sus hijos?

Creo que lo mejor es ser abierto y hablar con ellos y responder cualquier pregunta que puedan tener. Obviamente, depende de la edad que tengan y de qué tan bien entiendan o procesen su dolor, pero lo peor que puede hacer para usted o sus hijos es reprimir los sentimientos y emociones que usted o ellos están sintiendo. La curación puede venir hablando del dolor y ayudando a otros a hacer lo mismo.

¿Cómo te ha impactado crecer con un padre tan involucrado en la comunidad de pérdida infantil?

Las dos cosas más importantes son que la pesadumbre es una parte natural y necesaria de la pérdida y que la muerte es una parte natural de la vida. Todos escuchamos acerca de personas que mueren todos los días, pero hasta que sea alguien que conozca, un miembro de la familia, o especialmente un niño, simplemente no es lo mismo. Pero sé cómo lidiar con la pérdida y el dolor porque he visto a mis padres pasar por eso, pero también los veo ayudar a muchas personas a hacer lo mismo.

Por otro lado, también se centra un poco en lo que podría suceder. Debido a las historias que escuché y he visto a tantas personas pasar por una pérdida, cuando mi esposa y yo tuvimos complicaciones con el nacimiento de mi hijo, no pude evitar tener todos los terribles pensamientos de lo que podría pasar por mi cabeza. Y sé que mi madre fue aún peor porque lo ha tratado literalmente todos los días durante los últimos 25 años.

¿Cómo recuerdas a tus hermanos en el cielo?

Al crecer, asistí a eventos de M.E.N.D. como la Caminata y la ceremonia de Navidad para recordar

a mis hermanos y trato de ir tan cuando puedo, aunque ahora vivo fuera del estado. Pero mi esposa y yo recientemente tuvimos un bebé y pensamos que sería un gran tributo nombrarlo por Jonathan. Estoy muy contento de poder honrar a mis padres y a mi hermano al nombrar a nuestro hijo Elias Jonathan.

Seasons...

Written by Jennifer Harrison

Mommy to Serenity

M.E.N.D.—*Magazine Editor*

As I look outside right now, we are slowly transitioning from fall into winter, which here in Missouri could mean coat in the morning and shorts in the afternoon.

When I wrote my last article, I felt like I was slowly transitioning. Things were going somewhat okay as we prepared for Serenity's 10th heavenly birthday. I was still pretty emotional leading up to it, but I felt more comfortable in my grief, fewer sucker punches, more brighter days.

We have been very open with our kids about our loss. They know about Serenity. She was born before my other children were born. After they were born, we shared about her life with them. There were times I was sad, and I couldn't hide my sadness. They needed to know why, and that it's okay to be sad. Sometimes they would tell me they missed her, too. Sometimes they would simply tell me "Okay," and head off to play. But those sad days came a little less often.

Until a few weeks ago.

When we were told my dad has cancer.

No signs. No symptoms. He went in for another issue, and the scan revealed the tumor. Now we have gone through numerous battles of what causes the greatest fears: The Unknown.

I learned this on a Saturday night. The next day, I found myself on stage part of the praise team, struggling to sing how God is "Awesome." Ten years ago at this time, I was losing my song. I couldn't sing praises to the One I felt forsaken by. I had just gotten through that phase in my life, only to find it repeating at the same time, 10 years later.

The next morning, I sat down at the table to start the homeschool lessons with my three living children. We start with a Bible study. I don't plan what we study; it's all laid out in my lessons for me.

"A Time for Everything." That was the lesson that day. Wisdom from Solomon in Ecclesiastes 3. A time to be born, and a time to die. A time to weep, and a time to laugh. A time to mourn, and a time to dance.

For me, a time to keep silent, and a time to sing.

As we are facing this difficult time in our family, there are two truths that are keeping me grounded:

There will always be unknown

In each of my subsequent pregnancies, my biggest fear was the unknown. I had no idea what was happening with my baby inside my body. What type of season was I facing: mourning or dancing? What was supposed to be the safest place for a baby, was betrayed in my first pregnancy, and I was scared with each pregnancy after. Even once a baby was in my arms, all the other things like SIDS and diseases kept me fretting at night. Now we are facing the same with each stage with my dad: the fear of the unknown. How bad is it? What will it do to him? What type of future are we facing?

We recently finished our study of Job, and in it, God pointed out how little Job understood, because He is the One who put everything into motion, created the behemoth, fed the leviathan and yet still watches over and feeds the sparrow. We don't know what all God has planned for us. He just asks us to trust Him. Even when we fear the unknown, when we face unknown futures.

For me, the unknown has always been tough. Because I want to fix it, and I can't fix what I don't know. And it's even harder to let it go, and trust God to take care of those you love most. But at times, that is all we can do.

A Time For It All

As I went through that lesson on "A Time for Everything," I was able to share my sorrow with the children, to tell them what was happening with their Papa, and at times they would see us sad. I reminded them Serenity's birthday was coming up, too, and sometimes they would see us sad as we miss and remember her.

And being sad, that's okay. It's okay to cry for someone who is sick or for someone who is missing. And sometimes it's okay to laugh through our sadness. And it's okay to ask questions, and to not understand things. Sometimes it's okay to just sit and cry.

My kids listened, asked questions, and were just there for me. Being honest with them in telling my story, allows me to be honest with my emotions when they do hit, whether it's sadness, fear or happiness.

Life is full of seasons, and they are not always so easily seen as fall, winter, spring and summer. Seasons of life are like the days in Missouri; it might feel wonderful one moment, bitter wind the next, pelting rain soon to follow, and warm sunshine following.

But each day, in the sorrow of our setting sun, remember it will rise again.

In this season of my life, I don't know what the future holds, but for now, I just have to trust the One who knows the future, that He knows what is best for me.

Rainbow/Subsequent Babies

Excerpts from

As a Rainbow Baby, I Never Really Asked My Mom About Her Miscarriage. Until Now.

Written by Alexander Kacala

Published on Today.com on August 22, 2019

I can't really pinpoint when I found out that my mother had a miscarriage. I've just always known.

Growing up, my parents never kept much from me and my sister, who is six years my senior. For the most part, they were open books.

... she met my father at a party, and they got married and had two children.

But they lost one in the middle.

While I always knew that, I had never actually asked my mother how she felt about it.

Recently, my mother came to New York to take care of me after I underwent a surgery.

After my surgery, we sat in my apartment's garden, recuperating and reminiscing. That's when I decided to ask my mother about the child she lost before she had me. I wasn't prepared for how emotional things were about to get.

"I always wanted two children," she told me. "Your sister was close to 4 years old. We hadn't been trying for too long, and we got pregnant."

She found out she was pregnant at eight weeks, and had a miscarriage a few weeks later. "Your sister wanted a fish at the store," she said. "We were walking in the door, and your sister was holding the goldfish in the plastic bag they used to use. And then I felt something fall in my underwear."

She ran upstairs and sat on the toilet. "The only thing that comes to me and makes me cry is that my baby got flushed in the toilet," she said.

At this point, my mom is sobbing a deep, guttural kind of cry. Something I haven't really seen from her, ever. Sure, I've seen her cry, plenty of times and for plenty of reasons. But this is different. It seems heavier. Maybe it's because this was something she had never really told anybody. Or maybe this was a different kind of pain, one I'd never seen her experience before.

"That's the only thing that bothers me. That I couldn't get him out. You know, hun? The whole idea that he went with the sewage, it really hurt me."

Now I'm crying too. I go to my mother's side to console her. There's still a piece of her hurting.

Even though my mother's miscarriage came up many times during my childhood, I don't think my mom ever let herself feel this kind of pain in front of us, for the sake of her children. Until now.

I guess that's what parents do. They hide their pain from the children, no matter how deep or hard it may be.

Sure, my mother seemed "fine" about her miscarriage. But especially as grown-up kids, it may be a responsibility of ours to check in with our parents about the things they have survived. Because when we were kids, they did what they had to do to make sure we didn't realize the magnitude of their trauma.

But still, parents hurt.

Subsequent Births

Celebrating our Rainbow Babies

Peter and Rachel Dell,
of Springfield, Missouri,
along with big brothers
Zeke, Kye, Izaiah and Zeffy,
joyfully announce the arrival of
Tirzah Joy,
born October 25, 2019,
measuring 9 lbs., 2oz.,
and 22 inches long.

The family lovingly remembers
Grace Kathryn,
March 17, 2008,
PPROM
and Rose,
miscarried January 3, 2014

Continued on page 14

SW Missouri Christmas Candlelight Ceremony

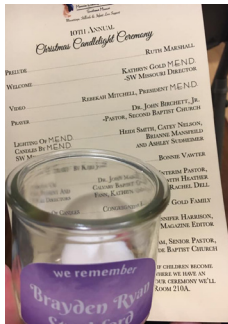
We held our 10th Annual Christmas Candlelight Ceremony with 106 in attendance honoring 73 babies. Our silent auction raised \$178.00 as well. It was a special time of remembering our babies in heaven. Each family member was provided a M.E.N.D. ornament as well as a candle with their baby's name on it. We also had a special presentation remembering our past ceremonies and listing our babies' names. A signed blanket by M.E.N.D. leadership, families and community partners was also presented as a "Thank You" to Kathryn Gold for her service to M.E.N.D.

Thank you to all our sponsors of this event:



Jon and Heather Fann
Michael and Kelbie Bauer
Greg and Kathryn Gold
Peter and Rachel Dell
Catey Nelson
Hunter Richards
Brienne Mansfield
Cyndi Warnow
Blue Iguana
Design Roots

Outlaw Gentlemen
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“Grief is not a disorder, a disease or a sign of weakness. It is an emotional, physical and spiritual necessity, the price you pay for love. The only cure for grief is to grieve.”

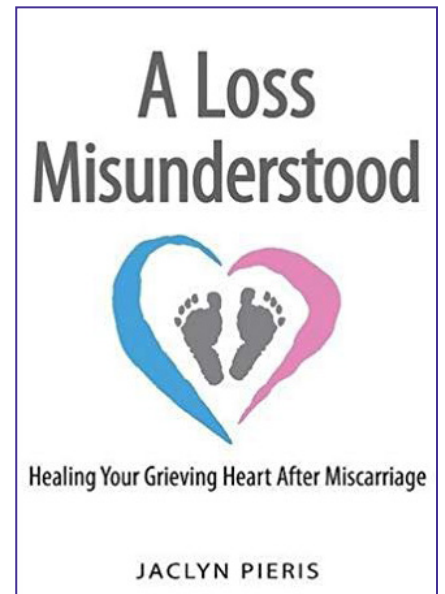
Earl Grollman

Book Review

A Loss Misunderstood
Written by Jaclyn Pieris

Reviewed by
Katie McClelland,
Mommy to Dylan
M.E.N.D. - San Antonio Chapter Director

This book shares a raw and real look at life after miscarriage. The author dives into her grief and doesn't shy away from the darkness it brought to her life. The advice is comforting and real without giving platitudes of "one day this won't hurt." She describes the anger and subsequent grief when pregnancy was all around her. She continued to struggle with conception and suffered multiple miscarriages. She found the help from the medical community to be lacking. She connects with her audience deeply by sharing her frustrations, and gives absolute permission to truly grieve the loss and acknowledges you are allowed to be very upset.



Dallas/Fort Worth Christmas Candlelight Ceremony

The 23rd Annual Christmas Candlelight Service, hosted by our headquarter chapter in the Dallas / Fort Worth metroplex, was a memorable night of remembering and acknowledging our sweet little babies. Rebekah Mitchell, the founder of M.E.N.D., gave a message on Joy in Suffering. The music was especially beautiful with a violin solo by M.E.N.D. dad, Jonathan Nymeyer, and special music by the Spangler Family. Families gathered after the service

for coffee and dessert, visiting with one another outside a support group setting, getting to know each other on a more personal level. This ceremony is always hosted the first Thursday in December. If you missed it this year, we hope you'll plan to join us in 2020.



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Enterprise Holdings

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In Memory of Jonathan Daniel
and Baby Mitchell

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In Memory of Paislee Ann Frette

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In Memory of Adrian Joseph "AJ" Zuckerman

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In Memory of Ella Lynne Gonyea

The Vo Family
In Memory of Morgan Vo

Norma Garcia
In Memory of Garcia Babies

Cynthia Robinson
In Memory of Anastasia Levett Robinson

"Rainbow Baby..." continued from page 12.

And while my mother uncovered this traumatic memory, she also shared the silver lining that got her through the pain: me.

"I'm sad about the other baby, but I literally wouldn't have had you if that didn't happen to me," she told me. "I have you. It might sound cruel against the other baby that I lost, but I have to look at this like I wouldn't have had you if that didn't happen to me. It may sound weird to think that way, but that's what I came up with."

She said that this idea has surfaced for her often in the last few years.

"Lately, I have been thinking to myself even more, 'Alex wouldn't be in my life if I didn't go through that,'" she said. "I try to find the silver lining in everything, and for this, that is you."

As a reporter, I ask most of my interview subjects what they learned about themselves through an experience. I realized that learning the full story of my mother's miscarriage inspires me to be a better version of myself. Not only to make both my parents proud, but to also uphold the legacy of that baby my parents lost.

Sure, they say a rainbow baby is the rainbow after a storm, but maybe that rainbow is meant to shine through a person for their entire life, continuing to cast a light on the darkness in this world.

"You wouldn't have been brought into my life if I didn't go through that, and I am so happy that you were," my mother said, her tears drying.

"I love my rainbow baby."

First published on August 22, 2019, on today.com. To read the article in its entirety, please visit <https://www.today.com/parents/i-am-rainbow-baby-here-s-what-i-learned-about-t161195>

Greater Houston Area Christmas Candlelight Ceremony



Greater Houston hosted our 14th Annual Christmas Candlelight Ceremony. It was our honor to remember the lives of more than 75 babies at this beautiful event with 175 family and friends. Each mom, dad or family member spoke the name of their baby/ babies and lit candles in their memory. Thank you to the harpist, Stephanie, and singer, Samantha, who shared beautiful music and their amazing talents. Thank you to Nikisha Perry, our Kingwood Director, for sharing her heart, her struggle, her faith and story of her precious son, Raekwon, who would be 19 this year.

We hope that this event is healing each year to everyone who attends. It is a special ceremony as it gives each family an opportunity to include their babies in their holiday celebrations. We are praying that the Lord gives each family peace that passes all understanding.

Thank you to all who supported this event.

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Remembering Emma Grace Myrow

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and Jacob Emmanuel Lower

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Remembering Jacob Martin Wilhite,
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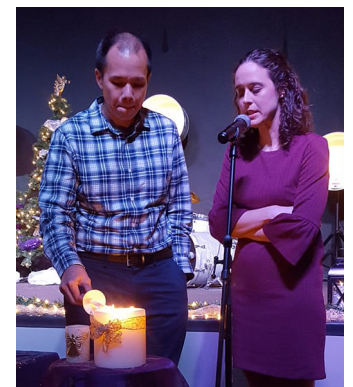
Paola Calderon

Leslie & Ricky Roberts

Aerodrome Skating Complex

Karie Creates

Ceidra Adams



M.E.N.D. CHAPTER UPDATES

Greater Houston Area

M.E.N.D.–Greater Houston Area is looking forward to being able to serve families this year. 2020 is the 15th year of M.E.N.D. in the Houston area. We hope next year we are able to support families in their time of deepest grief after their loss. In the spring we will hold our Bears for Babies fundraiser to provide bears for hospitals to give to parents when they lose a baby. We are also speaking at various hospitals in the Houston area throughout 2020 to train hospital staff on how to care for moms when they experience a pregnancy or infant loss. If you would like more information on our support groups each month or any other information on the services



M.E.N.D.–Greater Houston Area provides, contact me at stormym@mend.org.

Stormy

Columbus, Ohio

M.E.N.D.–Columbus, Ohio continues to connect with families. Our monthly support groups are open, and we invite you to attend. I would like to thank the Delaware and Westerville MOPS groups for embracing M.E.N.D.–Columbus through donating and volunteering their time.

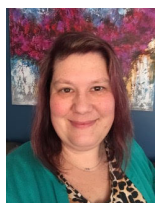
To learn more about M.E.N.D.–Columbus, donate, or volunteer, please feel free to contact me at latrina@mend.org. We are praying for you!

LaTrina



MidMichigan

Happy New Year to all of our families in M.E.N.D.–MidMichigan! As we begin 2020, we want to take a moment to thank everyone for the love and support over the last year. Our chapter support groups have doubled in size.



While we are sad more families have joined our chapter, we are thankful the word is spreading of M.E.N.D. providing comfort and hope to the MidMichigan families. We hope to reach even more families in 2020!

Karen



Bryan/College Station, Texas

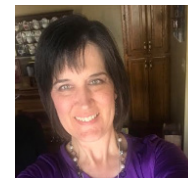
M.E.N.D.–Bryan/College Station enjoyed a nice evening of making personalized ornaments to remember our babies. We are looking forward to what God has in store for our chapter in 2020. M.E.N.D. is such a blessing. We are thankful we all have a safe place to talk about our babies in heaven.



Jennie

Southwest Missouri

After serving on the leadership team of M.E.N.D.–SW Missouri for 5.5 years as an assistant and 4.5 years as director, I am stepping down as the Chapter Director. I am grateful for the opportunity to serve the families in the Southwest area of Missouri. I am blessed to have honored CJ and Marina by

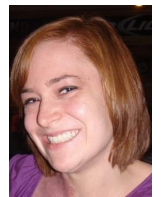


walking alongside so many families in their grief journey. We are thankful for Rachel Dell, a past assistant, who will be stepping into the role as the next Chapter Director.

Kathryn

San Antonio, Texas

M.E.N.D.–San Antonio is thankful for the opportunity to accompany families in their grief. We hosted a Christmas ornament-making craft night and held our last support group of the year a few days before Christmas. Next year we are planning to start a second support group for pregnancy and parenting after loss. We are beyond blessed this year and hope to continue to grow and serve in 2020!



Katie

Denver, Colorado

M.E.N.D.–Denver had a successful online/auction fundraiser over Cyber Monday and Giving Tuesday! Thank you to all who donated items and/or bid on items and those who made donations. We are also still making plans for a new support group location, so please check our Facebook group for updates.



Kimberly

Lynchburg, Virginia

M.E.N.D.–Lynchburg continues to raise funds in preparation for launching our chapter. We are also in need of assistants. If you are interested in supporting our chapter financially or as a volunteer, please contact me at melissa@mend.org.



Melissa

Online Support

I'm LaRhesa, and I am excited to be the new Director of the Online Support Group. I have been a part of M.E.N.D. since 2010, and an Assistant Director since 2011. I facilitated several of our online support groups, and I look forward to continuing as Director.



My story begins with joy of awaiting twin girls, to grief and uncertainty as my water broke while lying on the couch. Two days later, on October 23, 2009, Kaiya Dawn was born at 23 weeks gestation. She lived for 49 minutes. Six days later her twin, Kaidyn Jamiel was born at 24 weeks gestation and spent 113 days in the NICU. For the first four months after Kaiya was born, my focus was on Kaidyn and my desire to take a baby home. It was not until after Kaidyn was discharged that I truly began to grieve the loss of Kaiya. That is when I found M.E.N.D.

Since my first support group in 2010, M.E.N.D. has been my place to be Kaiya's Mommy and help other grieving women. I have enjoyed helping the families of the Brazos Valley, and continuing with the online community, and letting God use my sweet Kaiya Dawn as a testimony of his grace.

LaRhesa

Tulsa, Oklahoma

The Tulsa Chapter held a beautiful Christmas Candlelight Ceremony at the beginning of December. Thank you to all the volunteers who helped us, as well as all the families who allowed us the privilege of honoring their babies this year.

We are looking for ways to connect with the community to let them know what services we provide to grieving families. Recently, we had the opportunity to speak to the local news station about M.E.N.D.–Tulsa, which has helped spread awareness about what we have to offer. We look forward to new partnerships, allowing us to reach more families, as well as provide training and resources throughout our area.



Cat

NW Washington



Thank you to all who helped make our Christmas Candlelight Ceremony a beautiful evening. We had 74 in attendance and 42 babies were remembered. In February our leadership team will travel to Dallas for our annual Leadership Conference. We look forward to a great weekend of learning and fellowship with all the other leaders of M.E.N.D. from around the country.

Stacy

Palm Beach, Florida

M.E.N.D.–Palm Beach, Florida continues to connect to with hurting families in our area.

Jessica



Chicagoland

M.E.N.D.–Chicagoland decorated a tree at Brookfield Zoo's Community Tree Trim for the Holiday Magic Zoo Lights event. This is a tradition that is now five years in the making, and each year the tree somehow becomes even lovelier. Many families in the chapter gathered to decorate the tree to remember so many precious babies who left this earth too soon. We are connected by such a deep love for all our babies in heaven. Many thanks to everyone who helped make the day happen and all the hands who joined together and decorated.



Some personal conversations about miscarriage, stillbirth and early infant loss were shared with people walking by the tree. Everyone seems to know someone who has experienced neonatal or early infant death. The M.E.N.D.–Chicagoland zoo tree has become a treasured place to visit for some of the chapter's families during the holidays. We are incredibly grateful for the love and support within M.E.N.D.

Sara



About M.E.N.D.

M.E.N.D. is a Christian nonprofit corporation whose purpose is to reach out to those who have lost a child to miscarriage, stillbirth or infant death and offer a way to share experiences and information through monthly support groups, this magazine, and our website at www.mend.org. For inquiries, subscription requests, deletions, and submissions to the magazine, contact us at:

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(Please call before faxing)
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www.mend.org

Donations make the printing and distribution of this magazine possible. Your tax-deductible contributions are greatly appreciated and should be sent to the address listed above. If your gift is made in memory of a baby, please include that baby's name (if named), date of birth and/or date of death, the parents' names, and the name of the benefactor. You may also include the cause of death (if known).

M.E.N.D. is a member of
First Candle/SIDS Alliance
International Stillbirth Alliance
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and Stormy Mitchell

M.E.N.D. Support Groups in the Dallas/Fort Worth Metroplex

Mommies AND Daddies are both welcome at all M.E.N.D. support groups. Unless otherwise noted, all support groups are held at: 800 W. Airport Freeway Irving, TX 75062 (building with black windows, located off 183, between MacArthur and O'Connor). Support groups are held in the building's board room on the first floor. For more information, call (972) 506-9000.

M.E.N.D. chapter support groups are held the 2nd Thursday of every month from 7:30 - 9:00 PM

Daddies group meets the 2nd Thursday of March, June, Sept. and Dec., from 7:30 - 9:00 PM
Moms and dads meet together for introductions before dividing into two groups for discussion.

Parenting Groups:

Subsequent pregnancy group
meets the 4th Tuesday
from 7:30 - 9:00 PM
Led by Marisa Perry: marisa@mend.org
For families who are considering
becoming pregnant or are currently
pregnant after a loss.

Parenting After Loss group
(parents only)
meets the 1st Thursday at 7:30 PM
at Panera Bread
1900 Preston Rd.
Plano, Texas 75093
Contact:
Laura Bateman at laura@mend.org or
Tina Rusert at Tina@mend.org.

Parenting After Loss groups are for families
raising living children after a loss.

Parenting After Loss Playgroup
(children welcome)
Currently it meets in Irving at the play
area inside Irving Bible Church, but will
eventually meet in various locations
For more details, contact:
Corley Rinaldi at Corley@mend.org.

M.E.N.D.

Chapter Information

M.E.N.D.–NW Washington

Meets the 2nd Monday at 6:30 PM
The Oak Table Cafe'
3290 NW Mt. Vintage Way
Silverdale, Washington 98383
Director: Stacy McGhee
stacym@mend.org, (360) 662-6161

M.E.N.D.–SW Missouri

Meets the 1st Thursday at 7:00 PM
Project H.O.P.E.
1419 S. Enterprise Ave
Springfield, Missouri 65804
Director: Rachel Dell
rachel@mend.org, (417) 770-0600

M.E.N.D.–Bryan/College Station

Meets the 2nd Tuesday at 7:30 PM
Hawthorne Suites
1010 University Drive East
College Station, Texas 77840
Director: Jennie Drude
jennie@mend.org, (402) 704-6363

M.E.N.D.–Tulsa, Oklahoma

Meets the 3rd Tuesday at 7:00 PM
Canyon Crossing
1651 E Old North Rd.
Sand Springs, Oklahoma 74063
Director: Cat Markham
cat@mend.org, (918) 694-4325 (HEAL)

M.E.N.D.–Columbus, Ohio

Meets on the 2nd Monday, at 6:30 PM
Paul Mitchell-The School of Columbus
3000 Morse Road
(Upstairs Conference Room)
Columbus, Ohio 43231
Director: LaTrina Bray
latrina@mend.org (614) 530-5128

M.E.N.D.–Chicagoland, Illinois

Meets the 1st Tuesday at 7:00 PM
St Peter Lutheran Church
202 E Schaumburg Road
Schaumburg, Illinois 60194
Director: Sara Hintz
saraann@mend.org, (630) 267-9134

M.E.N.D.–Palm Beach, Florida

Meets the 2nd Thursday at 7:00 PM
Embark Lake Worth
3927 Hadjes Dr
Lake Worth, FL 33467
(close to Turnpike and Lake Worth Rd)
Director: Jessica Gaddie
Jessica@mend.org, (561) 843-3509

M.E.N.D.–MidMichigan

Meets the 1st Tuesday, at 7:00 PM
Ashman Plaza
713 Ashman Street
Midland, Michigan 48640
Director: Karen Kilbourn
karen@mend.org, (989) 577-5755

M.E.N.D.–Denver

Meets the 2nd Tuesday at 7:00 PM
Journey Church
9009 Clydesdale Rd.
Castle Rock, Colorado 80108
Director: Kimberly Adams
kimberly@mend.org, (720) 593-0166

M.E.N.D.–San Antonio, Texas

Meets the 4th Monday, at 7:00 PM
8620 N New Braunfels Ave
San Antonio, Texas 78217
Director: Katie McClelland
katie@mend.org

M.E.N.D.–Lynchburg, Virginia

Coming Soon!
Director: Melissa Scifres
melissa@mend.org

M.E.N.D.–Online Support Group

Held the 3rd Thursday at 9:00 PM (CST)
to join, contact
Director: LaRhesa Johnson
LaRhesa@mend.org

M.E.N.D.–Greater Houston Area

Greater Houston Area Main Chapter:
Meets the 3rd Thursday at 7:30 PM
Lone Star College,
3200 College Park Dr, Room A228,
The Woodlands, Texas 77384
Greater Houston Area Director:
Stormy Mitchell
stormym@mend.org, (405) 529-6363

Satellites in Greater Houston Chapter:

Katy, Texas:
Meets the 2nd Thursday at 7:00 PM
Katy Community Fellowship
24102 Kingsland Blvd
Katy, Texas 77494
Katy Director:
Kessi Wilhite, kessi@mend.org
Kingwood Area, Texas:
Meets the 2nd Thursday at 6:30 PM
6450 Kings Parkway
Kingwood, Texas 77346
At Rosemont Assisted Living,
2nd Floor Community Room
Kingwood Director:
Nikisha Perry, nikisha@mend.org

Subsequent pregnancy group

Meets every other month
on the 3rd Thursday at 7:30 PM,
led by Stormy Mitchell
(stormym@mend.org)

Daddies group

Meets quarterly
on the 3rd Thursday at 7:30 PM,
led by Greg Miller
(stefaniem@mend.org)



The Garden of Hope is a place of peace and solace where families can come for a quiet time of reflection, prayer, or even to celebrate the life of their loved one.

The Garden of Hope was established by M.E.N.D. in 2016, and is located on property of Calvary Church in Irving, Texas.

You can remember your loved one by purchasing a brick in the Garden of Hope. Brick purchases can be made at <https://www.mend.org/garden-of-hope>. Bricks purchased by August 15, 2020, will be installed prior to the Walk to Remember in October 2020.



M.E.N.D. Mommies Enduring Neonatal Death
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Did you know?

You can give to M.E.N.D. every time you shop on Amazon?

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We appreciate your support!